Taller, Hairier, Smellier…

**Sometimes puberty can be a bit of shock – hairs growing in strange new places, fluids coming out that have never come out before and you have to start washing more often. Why does it happen?**

**“PUBERTY” is the process of changing from a child into a SEXUALLY MATURE adult capable of reproduction.**

**Chemical messages called HORMONES are sent around the body via the bloodstream and tell the body it’s time to change.**

**A part of the brain called the HYPOTHALAMUS sends a message to the PITUITARY GLAND at the base of the brain. This sends hormones called GONADOTROPHINS to activate the OVARIES in girls and the TESTES in boys.**

**The ovaries start producing the hormone OESTROGEN, progesterone and a small amount of testosterone and the testes start producing TESTOSTERONE and a small amount of oestrogen. These are the main hormones that cause the changes of puberty.**

**For some people puberty can start as young as 8, others may be 16 or 17 before they start to develop.**

**Hormones make physical changes happen but they also influence how you THINK AND FEEL, especially as your body is getting used to them. Sometimes they can make you feel good, sometimes they can make you feel angry or sad or like being alone. They can also make you more intersted in sex and you can also start having very strong feeling of attraction. This can be exciting but it can also be tricky to deal with and makes interacting with others more complicated.  
As you start going through puberty and begin changing into an adult you have to work out your thoughts, feelings, attitudes, values, likes and dislikes. The things you want to do and are allowed to do change and people expect more from you – it can take time for you and those who know you to work out the new you.**

Taller, Hairier, Smellier

*Fill in the blanks*

**Puberty means\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your body changes because of the effect of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The main hormone causing changes in girls is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The main hormone causing changes in boys is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**As well as making physical changes happen hormones also affect\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**I think going through puberty is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**A good thing about going through puberty is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**A hard thing about going through puberty is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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